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NY Times: Vintage Porn on the Rise

The old saw "what's old is new again" is now a seemingly apt description of what's happening in porn, so much so it's spawned a new streaming service set to launch in 2014.

Perhaps a reactionary move by consumers saturated with every kind of explicit sex act on the Internet, a new wave of restored classic adult video has emerged.



The [New York Times](#) has reported that Vinegar Syndrome (VS), a company founded in 2012 by Joe Rubin and Ryan Emerson is cataloging, restoring and releasing old X-rated films from 1969 through 1986 for the home video and theatrical markets.

Although vintage porn is nothing new — what with classic "Deep Throat" and other titles and remakes on the market for years — VS, named after the smells films make when they begin to decay — is bent on resurrecting the golden age of hardcore from its 47,000 square-foot Bridgeport, Connecticut building.

"Yes, the films are X-rated," Emerson told the Times. "But many of them are interesting and fascinating once you get into them. These films are time capsules."

Albeit still small, the market is buoyed by "fierce" collectors who want preserve the history, according to the report, that also includes buying ancillary items like posters and photos. Robert Chisholm, an owner of the Chisholm Larsson Gallery in Chelsea said he sells a few porn posters a month at about \$250 each.

Vintage porn is also making a comeback in some trendy movie theaters and mainstream museums. The Times pointed to an exhibition now at the Museum of Sex in Manhattan devoted to Linda Lovelace, a show at the Museum of Contemporary Art in Los Angeles, featuring homoerotic works of the illustrator Touko Laaksonen, a.k.a. Tom of Finland, and photographer Bob Mizer, and last year's screenings of "X: The History of a Film Rating," a film series that included showings of "Last Tango in Paris" and "Midnight Cowboy" at the Yerba Buena Center for the Arts in San Francisco.

continued on pg 4



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VS is also working with Nitehawk Cinema in Brooklyn on a yearlong series, "Nitehawk Naughties," devoted to restorations of films from the '70's, including "The Opening of Misty Beethoven," that screens on Jan. 31. The CineKink festival is also interested in featuring some of Vinegar's restored releases at its next festival in February.

The new "porn chic" is also being put forth by Anthology Film Archives with its "In the Flesh" series of hardcore films from VS and Distribpix, a distributor that produced porn in the '80's. All of the titles will be shown on original 35 millimeter.

"In the '70's, adult films were made on 16 or 35 millimeter, and were projected to an audience," Casey Scott, who programs the Anthology series, told the Times. "They were reviewed by Variety and The New York Times. That era, when films were made under threat of legal action, ended in the early '80s, when home video brought pornography into living rooms."

Despite the renewed interest, The Times pointed out that not all old porn is classic — some were done on the cheap — and there was a "darker side" to producing them, especially for women.

But VS said that next year it plans to restore and release some 40 DVDs, about two-thirds of which will be vintage porn, and the next stop is "lost sexploitation films and some popular '80's slashers."

But this year, VS and Distribpix are launching [Skinaffix](#), a 1080p streaming vintage porn Netflix-like service aimed at hardcore cinephiles.



Cosmo Talks Fitness, Food With 4 Porn Stars

Anytime a woman makes a living using her body, people are inevitably fascinated by what she eats and how she works out. Just read pretty much any article written about Victoria's Secret models.

Then Gabrielle Union appeared on [Conan O'Brien's show](#) and told him that the porn stars she sees working out at her gym (she *recognizes* them — wink, wink) inspire her to work out harder. She even follows them to the juice bar to copy their vegan-food-ordering ways. “I’m on the porn diet!” she proclaimed.

Absolutely nothing is left to the imagination in porn, and you see every inch of these women’s naked bodies, often in positions that aren’t so flattering. The fact that some porn stars are working out at Gabrielle Union’s undoubtedly upscale LA gym aroused (heh) my curiosity about these mystical creatures/caricatures: How does a porn star stay in shape?

We tracked down four adult film actresses — Dana de Armond, 34; Asa Akira, 29; Chanel Preston, 28; and Jessie Andrews, 21 — to ask. And surprisingly, their routines are more Goop than *50 Shades of Grey*. (Well, except for their descriptions of which sexual positions are the most difficult and calorie-burning. Hint: Try a strap-on.) Read on to hear their fascinating conversations about body image issues, their conflicts with food, and the pressures they experience working in the porn industry.

THEIR WORKOUTS

Dana: I was doing the barre method for a little over a year and then I decided to not go. I was really strong, but I also kind of bulked up a little bit. [Not working out] doesn’t make that much difference for me because I’m tall. Shorter models maybe have to work a little bit harder to hide flaws because a pound or 5 looks like a lot. If I gain 5 pounds it looks great.

Asa: I’d like to [work out] seven days but I try to force myself to take a day off. I’ve been going to Barry’s Boot Camp for 3 or 4 years now. And then the other days I’ll do yoga. I have tried everything. Working out is definitely addictive. I think there are a lot of drug addicts and alcoholics in porn. When they get sober it carries into the working out thing. It’s a different addiction.

Chanel: I do work out, but I wouldn’t say regularly. I’ve been active for most of my life so it’s easy for me to maintain my body. Now that I’m in LA, I hike with my girlfriends usually every weekend. I do a lot of Pilates, too. I purposely try not to do too much [cardio work] because I don’t like to see really skinny girls have sex, so I don’t want to be that.

Jessie: I do all sorts of workouts. Mostly boot camp and hiking, with some hot yoga in between. I love fun activities that don’t necessarily feel like a workout (dodgeball, bowling, and carrying around shopping bags).

THEIR DIETS

Dana: If I feel like I’m a little bit sluggish I will just cut back on bread. I eat a lot of meat which I think is funny because Gabrielle thinks we’re vegan. I can’t even count how many times we’ve all freaked out over bacon! And I split my meals with my boyfriend most of the time. I’ll have something that is delicious but only eat half of it. I don’t really eat fast food or overly processed food. The food on set is a nightmare. They lay out cookies or they order pizza and I’m just like “Nooo, get it away from me!” And I don’t drink or take drugs.

Asa: I’m hungry all the time. I eat a lot of salad with no dressing. I binge once a week, and I binge really hard. I’ll definitely have a pizza. I mean a whole large pizza to myself. Or a lot of Thai food. And I love Chipotle.

Chanel: I don’t like to diet, I just don’t believe in it. But I also don’t eat like shit. I try to stay away from fast food. In the last few months I actually cut gluten out of my diet, which makes a huge difference for me. I’ll probably stick to that because it enables me to basically not worry about what I eat.

Jessie: My diet used to be a complete mess, drinking iced soy chais from Starbucks three times a day and eating maybe one meal a day. Now I’ve committed to eating healthier,
no bread, milk, or McDonalds. I probably have kale once day, with either fish, steak, or chicken. I’ve been juicing a lot too. My favorite splurge right now is Justin’s organic milk chocolate peanut butter cups frozen.



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THE SEX MOVES THAT GIVE THEM A WORKOUT

Dana: A lot of people complain about doing the reverse cowgirl position because you're up top and you have to hold yourself up with your arms, kind of like a crab. You have to use your thigh muscles a lot. Yesterday I worked on a site called footworship.com and it's a lot of foot jobbing — stroking dicks with your feet. It's a core workout because you are basically doing a reverse crunch most of the time. My shoulders are really strong from doing scenes.



continued on pg 6

Asa: I think posing for photos is a good core workout, just because you have to hold every position for so long. The stronger your core is, the easier that becomes. Reverse cowgirl is basically doing squats. If you've worked out your legs that day, to do reverse cowgirl is like torture. So I try to get out of that as much as I can. The kind of scene that is a real, real workout is when I wear a strap-on. That's a lot of leg work.

Chanel: Any scene is going to be difficult physically. Even a fairly easy scene. You're sometimes having sex on strange objects that are hard for you to stand on so you're holding yourself up by one foot. People don't understand how hard we work to keep those positions going. A lot of women do dom scenes, the role reversals where we have strap-ons. We're basically taking on the male role and we're having to squat and do a lot of activity and be in charge. And I know it sounds stupid, but I have a huge suitcase I bring to work everyday. That thing is so heavy. Most of the time we bring our own wardrobe. I'm hauling that big thing everywhere I go.

Jessie: The amount of work that you do all depends on what kind of performer you are. If you're a new girl in the business you might just lay there and let the guy do all the work. If you're a proper award-winning performer you're probably doing all the work. Reverse cowgirl [is the most physically demanding]. No doubt. Imagine pulsing in a squat for 5 minutes straight. You really want to collapse after that, but it's also my favorite in terms of positions, because you get the best workout.

THEIR BODY IMAGES

Dana: People do like softer figures so it's not like you have to be a bodybuilder or anything. Alexis Texas is one of the most popular girls and she's got a giant butt and she's very curvy. I'm a size 2 and 5-foot-8 and about 125 pounds. I've

been curvier, up to 140 maybe. So many people have said I'm too skinny or they're worried about me. And I totally cop to this: I had some lipo before I was 30. It really helped just smooth everything out. I don't want to portray an unrealistic body image. For porn I am natural, I don't have a fake ass or fake tits, but if anybody wants to do anything to tweak their look I think they should go for it. After seeing a million pictures taken of yourself you see that one thing you don't like and then go and fix it. I don't want anybody to think I'm unhealthy or anything but I have a standard for myself. I'm really proud that I'm 34 and I look so fucking awesome.

Asa: It's my personal belief that every girl in porn, after you've been in it a certain amount of time, all have a certain level of body dysmorphic disorder. It's because we see our own bodies so much. What I've learned in porn, no matter what your body looks like, someone's gonna like that and someone's gonna hate it. You can never win. But you can also kind of never lose! I just did this thing called Cool Sculpt. I did my waist. It's kind of a vacuum machine. It freezes the fat cells. In the course of the next 9 weeks the fat cells

die and you pee them out. People have noticed. It's minor, but I want to do it again. I've never had lipo. I have my boobs done so I'm totally not against plastic surgery at all. I'm like if you can make it better, why not. But that's always a slippery slope. I see a lot of girls coming into the industry looking amazing, and they fix one little thing and then they just get addicted. The next year they look like a different person, like a freak show.

Chanel: I've never had anyone tell me that I look too much one way or the other.

I'm not saying it doesn't exist, but I haven't had an issue with that. My big issue is my midriff area, which I think is a common thing for women. And especially in our industry we're put in these really compromising positions and we're not always spread out in the most flattering way. You can be put in a pretzel and anyone's stomach is going to roll a little bit.

Jessie: I've never felt pressured because of the industry. But I did see pictures of me when I first started shooting and told myself that I wanted to look better on camera. It really does add an extra 15 pounds. To be honest, there are so many pros and cons in the industry about weight, some companies might like you thicker and some companies might like you anorexic skinny. You can never please everyone. You just have to be yourself and go with what makes you happy and feel good.



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BARKIN' OUT LOUD

by Pat "Two Dogs" Snow

To Bark Back Email:
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Against. Useful word it is.

It's generally used to oppose something like, we're against that parking lot being built in our neighborhood. One side thinks it's negative while the other side thinks it's positive. Same word, same sentence, same subject, but two different perceptions of it.

It almost always frames a point of view, they stand against any changes to the current format. Or, they railed against the forces being used against them in the struggle.

But it can also herald achievement, like, they succeeded against all odds.

Sports in America is pretty much like everyday life, their slices are just blown into larger proportions. Against a fully rested opponent, they battled with no success. Perhaps this, they struggled and lost against an opponent that should never have had a chance they were so injured.

And while fans are willing to let athletes and teams have years that go up and down, at the very least they want them to go up and down. When a team simply can't to what it takes to come out of the slump(s), then the fans go crazy.

For the GM: against all logic he's continued to pick the wrong players despite every effort to put quality players in front of him.

For the owner: while his business practices have made him wealthy, he needs to go against those concepts when picking coaches and general managers.

For the coach: Refusing to admit and go against his system, the losses continue to climb, which is the only thing rising for this team.

But sports has a relationship with "against" that others should do more to take note and emulate.

The key element to the attraction and worth of sports is built around "against". We drive ourselves to fight and succeed against that which would keep us down. The underdog is so popular just because of what's against them. And how they're going up against that opposition.

Most athletes have to face themselves on two fronts, what's against them on the outside and what's against them on the inside. You have to learn and figure out how to beat the opponent and you have to learn how to take your skills and make them the best for you they can be.

Sometimes figuring out what's against you on the inside is the hardest battle you'll face. If you succeed going against that obstacle, the victory is worth more than any sports medal ever awarded.

Sochi Olympics

Not going to go into a big diatribe here, but the last few Winter Olympics have been, overall, not very competitive for the US.

My question is, why? Some suggest it's because the US is up against the rest of the world and we're outnumbered. That's really not how it works, gang.

Here's the drill, we're the USofA. We're a very large country. The other countries haven't banded against us. No, they haven't. France chooses their athletes. So does England, and Germany, and Russia, and podunk junction. We're still competing against countries that don't have as many physical and economic resources we do.

Europe has the Alps and Pyrenees to practice on, and we have the Rockies, so neither side is handicapped that way. Yet we can't put forth skiers and jumpers to challenge at the highest levels of competition.

Everybody has ice rinks and we do a better job in figure skating, but still not as strong as a country of over 300 million people should be. Hell, we have athletes from other countries *come here* to train.

Across the board we could do better.

What's the problem with fielding better competitors? I think the coaching and selection committees are loaded with people who have no business making these decisions for our National teams.

Downhill racer Bode Miller is a popular choice, but at 36 he's at the very least on the back burner of his career, and his claim to fame this Olympics is one Bronze medal. We can't find and train young talent to beat Miller out for a spot on the team out of our entire country? That's absurd. And the list goes on and on.

Same on the women's side with Julia Mancuso, got an eighth spot on the Super G.

The US Olympic committee continues to retread these people because of, well, hell, I don't know, their names? We honestly don't have any young people that want to bust time going downhill? They have four years to practice and compete to prepare for the Olympics, FOUR years, and this is the best we can put out there?

No, we've got young people all over who want to get after it, and we need to start bringing them into the fold. Getting them living assistance so their families don't go into such debt they're dead for ten years before it's paid off. Generate more competition and not just feed off and listen to dinosaur coaches and committee members. And at the very least, get some athletes up there on the selection committees that know what training and competition is all about.

By the way, as of this writing, Russia and the US were tied for fourth on medal count but the US sat in fifth because the

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Soviets had more silver and the US heavy on bronze. While I'm not disrespecting what it takes to get to the podium, I just believe we can do a heck of a lot better than we have.

That's me not on a diatribe.

NFL

So the Rams are going to cut QB Sam Bradford loose. Listen, he's a good guy, a gamer, a football guy, but after his last injury at Oklahoma he shouldn't have been drafted, or at least not as a starter. And then he gets picked by the Rams who, over his stay there, never had the supporting linemen and receivers and coaches to put together anything on a consistent basis. Fisher wants a smart young stud to compete in that NFC West division.

A&M's Johnny Manziel apparently believes he's going to be the number one draft pick and has issued public ultimatums to the Houston Texans, who through one of the most bizarre years ever own the first pick, on taking him or forever rue the day.

I would comment on this but I was taught to excuse myself from the room before something inexcusable came out my mouth. It's obvious to many of you I haven't always abided by that, but I will in this case.

If anyone's paying attention to the financial state of the Dallas Cowboys and how they got there and what it means to their future, you might want to start looking at Jerry as the NFL's version of Bruno Iksil, who was known as the London Whale.

Seems Iksil was involved in pretty much lousy trades in hedge funds and derivatives that lost his bank several billions of dollars and a hefty fine and set them seriously back in doing business.

Jones has over leveraged the Cowboys and been involved in some extremely questionable player acquisitions that have also cost Dallas and set them back years. So we now have the Dallas Whale and digging that club out to where it can be financially viable again to draft and pay top players, well, it may not be in our lifetimes, and that includes the newborns.

The Cowboys have hired Kyle Valero to be an offensive assistant and coach up the wide receivers. Probably because they think his wonderful work in making the Lions offense

such a force over the last four years with Stafford at QB and Johnson at wide receiver. Uh, not to cast oil on the burning water here, but does anybody else out there think the Lions met their player potential over the last four years with the talent they have? For all you non-football people out there, that was a rhetorical question.

Readers Response:

Two Dogs:

I know that every once in a while a coach comes along that by his methods raises a team up, but otherwise, the general rule is that the players are the ones that make or break a program. There's evidence all over the country that backs that up.

Terry – Bartlesville

Terry:

Well, I have to disagree with you overall. The coach is so important that yes, while player talent is important, it's the ability to help players grasp the concepts that are necessary to win that rules the roost. Take for example SMU's men's basketball coach, Larry Brown. In his second year he's got SMU fans, and locals, going back into the arena and has them ranked for the first time in 28 years. A group of unknowns is playing basketball at a top tier level, and it's all because of Browns coaching skills. It's possible they may even get a shot at March Madness.

TD

Two Dogs:

What with all the new rules governing player safety from the pro level down to the high schools, there've been complaints from coaches that things have gone too far. That "they're" ruining the game by making it too soft. The joke now is, tell your kids that entering football is like joining the military. That the first thing they tell you is you're probably going to die but if you train and learn and get it you've got a better chance to survive. When I thought about it, that didn't sound like such a bad thing to tell the kids.

Dave – Claremont

Dave:

Well, I don't think we ought to go around telling them they're gonna die, but the rest

of it, to train right and to learn how to take care of themselves, that's good stuff

TD

Two Dogs:

Why didn't the Cowboys hire Gregg Williams? Bounty gate's in the past and this guy's a proven defensive genius. Kiffin's Tampa 2 is old news, he and Marinelli haven't been a success in years, and Williams has consistently put top defenses on the field. The Rams just got tougher in the toughest division in football.

Mark – Arlington

Mark:

Who knows if they tried to quietly contact him, but, I sure would have. Maybe he was already committed to Fisher with the Rams since he'd hired him during the bounty gate problems, and stayed loyal to him during the banishment period.

TD

Two Dogs:

Manziel is nothing but a miniature Terrell Owens. Talented but all mouth.

Don – La Grange

Don:

GM's and coaches are beginning to think twice about these small running quarterbacks, and that will probably do more to determine his draft status then anything.

TD

Two Dogs:

How do you know Jerry Jones won't change?

D'blaze – Corinth

D'blaze:

Same way I know Mr. Ed can't talk to me.

TD

Two Dogs:

How do you feel about athletes using medical marijuana?

Carla – Mesquite

Carla:

I'm not high on the idea.

TD

Two Dogs:

It seems to me that no team really knows where it's going, like what happened to the Texans last year, or the Giants two wild card Super Bowls, two extreme differences. But good teams are ok with it and lesser teams it gets to them.

Joaquin – Pflugerville

Joaquin:

There's a difference between not knowing where you're headed but are comfortable and sure of the direction, like where a good book takes you, opposed to one that leaves you confused as to where things are going. It's far easier to stay the course when you have confidence in the direction leadership has laid out for you, otherwise, like the Cowboys, the ship appears like it has a broken rudder. One consequence is you get players that become more like mercenary's, playing only for the money, instead of those playing for the team.

TD

Two Dogs:

What do you think of Barbie being on SI's swimsuit edition?

Blake – Roanoke

Blake:

I think she's a doll.

TD

Two Dogs:

You said the Seahawks figured out Manning's hand signals, how could they have done that there really complicated?

Martin – Lewisville

Martin:

According to the chaos theory, the more intricate the apparent pattern the simpler the underlying reality. Regardless of how much "junk" Manning said or hand signaled, somewhere in all that there had to be a reality so his team would know what to do.

TD

Lyme disease has been controversial for some years. Many medical practitioners misdiagnose it, while several think that it's mental. With Lyme disease, there are so many symptoms, so many debilitating, agonizing manifestations, that it's often misdiagnosed as multiple sclerosis, chronic fatigue, lupus or a mental issue.

Lyme disease is caused by a spirochetal bacteria of the *Borrelia* genus. Spirochetes are composed of about 40% DNA and have double-membrane envelopes that make them difficult to trace and kill. They're apparently able to hide in deep tissue and change shapes to disguise their identities.

They're somewhat similar to the bacteria behind syphilis, as Lyme disease affects the nervous system and brain also.

Going through the medical system with Lyme disease is like being a ball in an old fashioned pinball game machine. Being on antibiotics forever is risking serious adverse events or at least reducing one's immunity to invite all sorts of other complications.

All this without a complete cure. But now there is considerable hope with cannabis.

Cannabis Lyme successes

There are two levels of handling Lyme with cannabis: managing symptoms well by smoking marijuana, or completely reversing the disease with cannabis oil. Not many are aware of cannabis oil pioneered by Rick Simpson a few years ago. Rick has said that most of the healing qualities of cannabis are lost in the smoke.

Alexis, diagnosed with late-stage Lyme [disease](#), is an example of someone handling symptoms without pharmaceuticals by smoking marijuana. She was on antibiotics long enough for her gastrointestinal tract to be damaged and to be hospitalized with hemorrhagic colitis.

She was taken off antibiotics and put on several strong pain prescriptions that were barely effective while putting her into lower emotional states. Then she tried smoking marijuana.

That routine handled most of her nausea, enabled her to eat well enough to avoid wasting away, helped her sleep better and eased her pain while elevating her mood. She maintains that marijuana has been the best thing for her Lyme disease.

Alexis wrote, "In the hospital, I have needed to have morphine or lorazepam through an IV to accomplish what smoking two grams of [cannabis](#) does on the comfort of my couch, in a fraction of the time." But Alexis is looking for a long-term solution.

Some have discovered that solution using cannabis oil for Lyme disease. Cannabis [oil](#) is a highly concentrated substance that's extracted and reduced from large amounts of cannabis with a good balance of THC and other cannabinoids.

It has become increasingly available in states that allow medical marijuana. But it's also available "underground" if you search on the internet. This is the stuff that has been curing cancer lately.

Shelly White's [Lyme disease](#) was so debilitating that she had endured at least 10 seizures daily for a year and a half. She began smoking marijuana from a pipe and then switched to inhaling it through a vaporizer. Just from that, her seizures had stopped. Then she decided to go to the next level of using cannabis oil.

After a month of the oil, she was able to return to work and school. At the time of writing her story, she was happy to announce that she could now move out and live on her own and enjoy a normal social life.

An internet radio show called "High Noon" interviewed a couple of Lyme disease victims who had been using cannabis oil successfully, Pamela Baily and Lisa Sikes. Listen via the link at [source](#).

"Lymies" should look into cannabis since it handles so many ailments associated with Lyme disease.



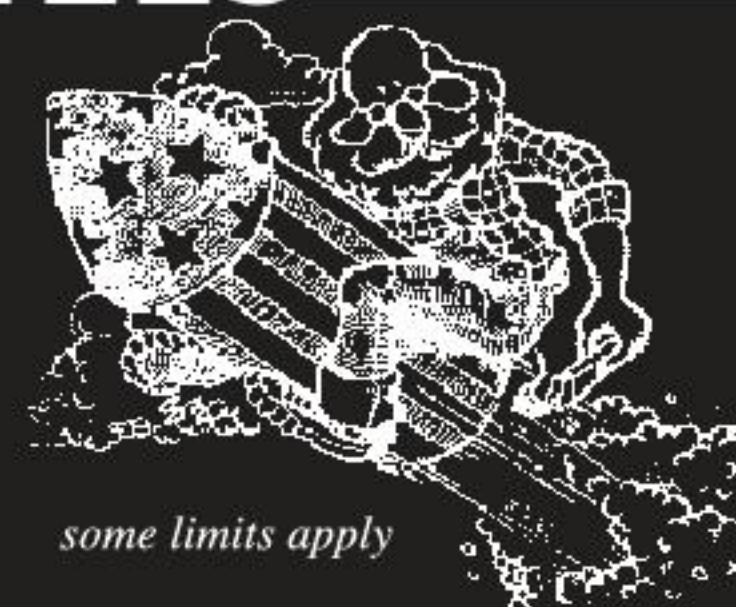
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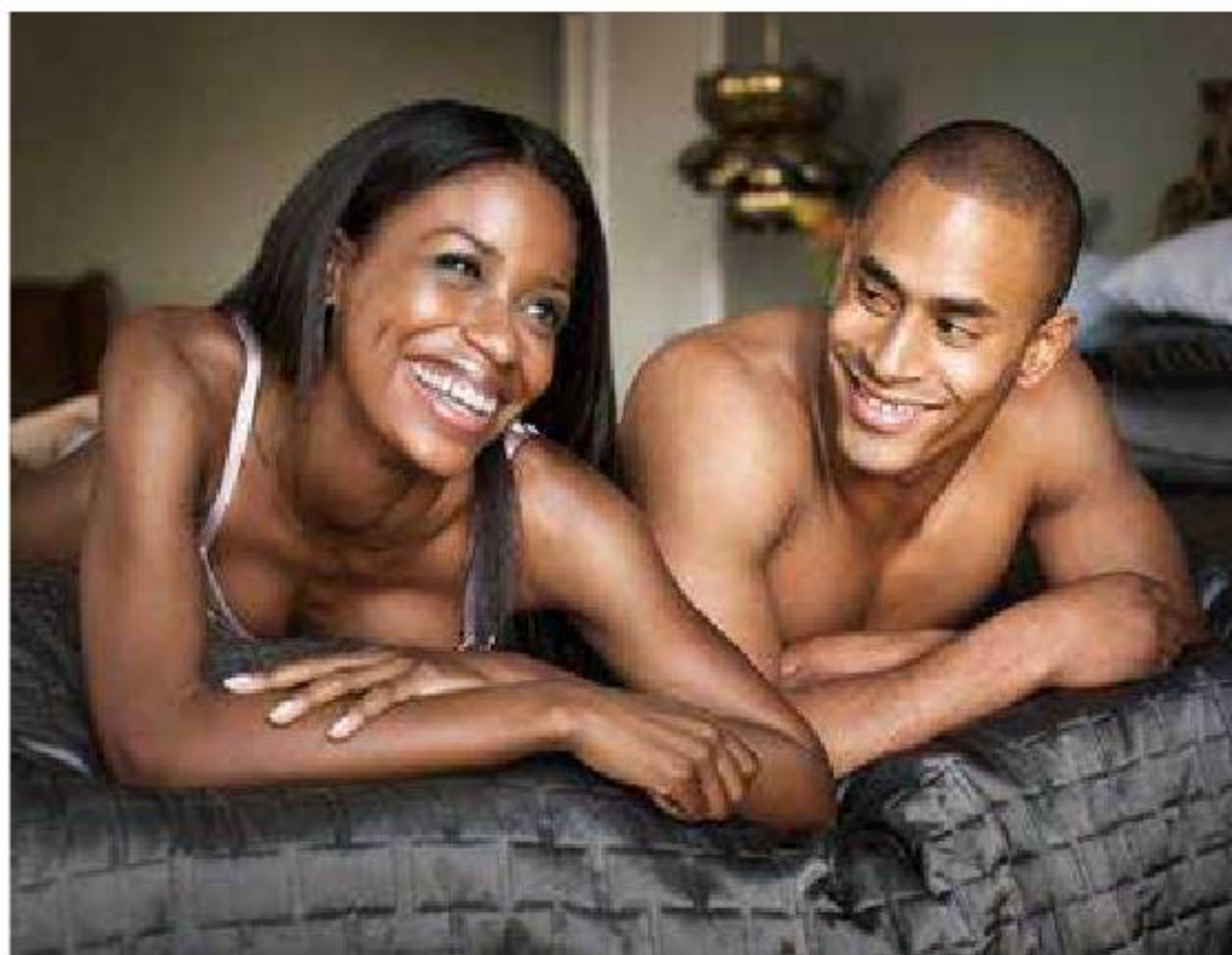


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Study: Porn Changes Relationships for the Better



France's leading survey institute, [IFOP](#), revealed that couples find Internet-based sex games and activities — including watching porn — to be a relationship enhancement tool, Cam4 announced yesterday.

“This survey shatters certain preconceptions about pornography,” the IFOP report states. “It also provides an update on usages and modes of [porn] consumption, which have evolved significantly over the last 20 years.”

Conducted on a representative national sample of over 1,000 Americans, age 18 and over, the IFOP survey revealed pornography consumption has become surprisingly widespread. It also explored masturbation connected with sexualized use of the Internet and new modes of communication, such as smartphones and webcams.

The survey showed consumption of adult material, which was admitted to by 90 percent of all American men and 60 percent of women, is highest amongst individuals who have the most partners, or who are more sexually active, going against the age-old assumption that pornography viewing serves as a substitute for a sex life.

The survey also revealed 53 percent of Americans watch adult material as a couple, and 66 percent said they would watch porn with their partner if it was asked of them. Cam4 interpreted the study's findings an example of diminished shame surrounding open use and enjoyment of porn.

“Many of the pre-conceived notions people have about porn, webcam shows and the adult industry as a whole are unfairly based on outdated information, taboos and media myths,” said Jas Kase, Cam4 director of marketing and sales. “The statistics show pornography has fully integrated itself into our society and can be utilized as a positive, healthy way for people to explore their sexuality.”

The influence of porn on relationships is also noted in the study. According to the survey, 54 percent of Americans who have watched a pornographic video say they have also engaged in sex while simultaneously viewing. A majority of participants also said that viewing adult materials inspires them to be “more creative and try positions and situations found in the videos watched.”

“By giving couples a way to break their routine, pornography has changed and may now become meaningful in a marital setting, where it appears to be a way of spicing up a couple's sex life,” said Francois Kraus, IFOP research director.

The IFOP survey was conducted over the Internet, from Dec.19-26, using a sample of 1,023 people aged 18 and over.

The representativeness of the sample was ensured by the quota method (gender, age, income, marital status) after stratification by region. Due to the intimate nature of the subject addressed, IFOP chose a method of auto-administration by computer, removing the bias created by the presence of an interviewer. The researchers believed this allowed for freer expression by individuals who would not have wanted to discuss certain subjects in the presence of an interviewer, or a person from their household.

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Fitness Entertainer: Nya Savoy

By: Ms. Misha Morê

Nya was born and raised in Houston, Texas. She is of African American & Jewish descent and heritage.

Growing up, Nya was shy, a bookworm who loved mathematics.

During college, she studied fitness and was a fitness model and personal trainer.

Her modeling credits includes Physique Competitor.

Her latest work is Fitness Connection.

The wildest place she has had sex at was at a tunnel on a jungle gym.

She has a passion for fitness and hip hop dance.

Her hobbies are reading and working out.

Her favorite foods are Chinese and sweet and spicy dishes.

She likes sexy women and grown and sexy men.

Her favorite fetishes are Asian women.

If stranded on an island, she would bring food and lighter.

She would like someday to be a black Julian Michaels.

Her future plans is to continue featuring and performing.

Her ultimate fantasy is to be a fitness model or fitness guru.

Her wish lists includes new boots (Bakers Knee high boots).





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5 Foods Loaded With Arsenic

Whether it's toxic arsenic-based pesticides used on some foods, or the naturally occurring arsenic in water and soil, this heavy metal has become pervasive in our diets. And a new study from Dartmouth University concludes that foods containing arsenic could be the main way you're exposed to this harmful metal.

The study compared arsenic levels found in about 850 people's toenails (over time, arsenic concentrates in the keratin your body uses to create nails) with food questionnaires. Researchers found that diet seems to be an important contributor to total arsenic exposure in U.S. populations, regardless of arsenic concentrations in drinking water. Although the Environmental Protection Agency has set limits for arsenic in municipal water supplies, the metal isn't regulated in private wells used for drinking and irrigation.

"After we accounted for exposures via water, we still saw high levels of exposure from food," says lead author Kathryn Cottingham, PhD, professor of biological sciences at Dartmouth.

Although it's fatal at high doses, the low levels of arsenic in food don't cause immediate health problems for the average person. With chronic exposure, however, their dangers can be serious. Long-term exposure to the metal is known to cause lung, kidney, skin, and bladder cancers, and it interferes with estrogen and testosterone, as well as with the hormones that regulate your metabolism and immune system.

"My advice," says Dr. Cottingham, "if there are foods that are high in arsenic, just don't eat them all the time." Based on the Dartmouth study results, here are five foods that shouldn't make regular appearances in your daily diet:

1. Brussels sprouts Despite the fact that these vegetables are among the healthiest you can eat, Dr. Cottingham's research, along with others studies, note that inorganic arsenic that exists in soil is highly attracted to sulfur compounds in brussels sprouts, along with other cruciferous vegetables, including kale, broccoli, and cauliflower. Arsenic levels in regular sprout eaters were 10.4% higher than in people who never ate them or ate them less than once a month.

2. Dark-meat fish Inorganic forms of arsenic were 7.4% higher in people eating dark-meat fish (tuna, mackerel, salmon, sardines, bluefish, and swordfish) once a week, compared to people who ate them less than once a month. Organic arsenic exists naturally in seawater, and while organic arsenic is believed to be relatively safe, this research suggests it might not be as harmless as scientists think. Since all seafood tends to be high in arsenic, Dr. Cottingham says, make it an occasional meal.

3. Rice Dr. Cottingham's study didn't show a significant association between rice consumption and arsenic levels, but that's likely due to the fact that her study participants weren't big rice eaters. Other studies, though, are pretty compelling, she says, showing that people who eat rice closer to the amount the average American does (about half a cup per day) have consistently high arsenic levels.

4. Chicken and other poultry Poultry birds are regularly given feed containing arsenic-based drugs, which leads to an elevated level of arsenic in the meat. The FDA recently revoked approvals for three out of four of these toxic feed additives, but industry experts estimate that it'll be at least a year before producers run through the remaining supplies of their arsenic-laced feed. Continue to opt for organic poultry, which is raised without the use of arsenic feed additives.

5. Beer and wine In the Dartmouth study, men who had 2.5 beers per day had arsenic levels more than 30% higher than nonconsumers, and women who drank five to six glasses of wine per week had levels 20% higher than nonconsumers. The arsenic may be coming from the water used to brew these beverages, but beer and wine producers also use a filtration material, diatomaceous earth, that's known to harbor arsenic.



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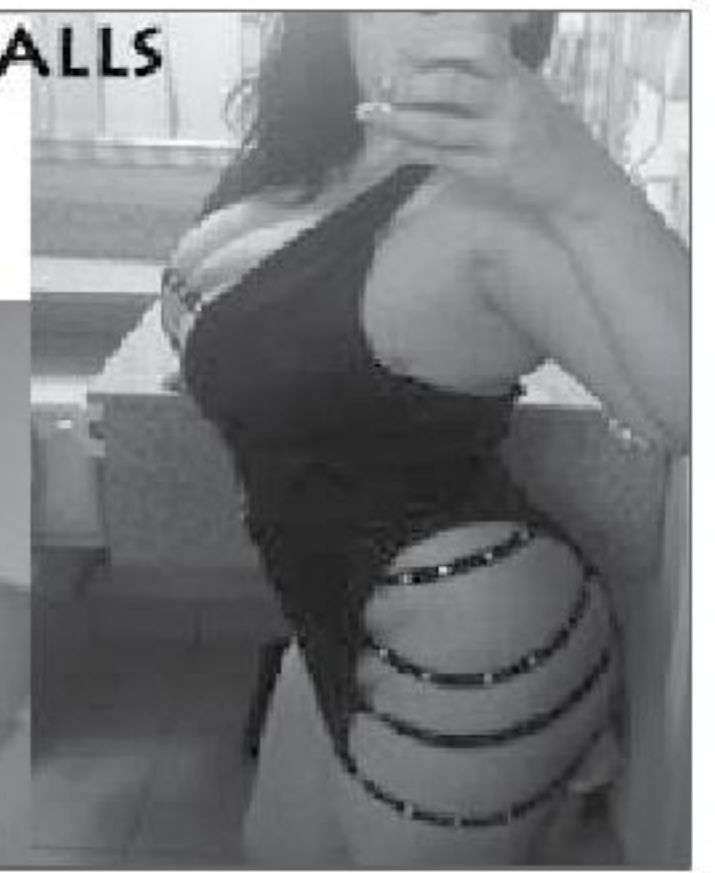


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